

OPINION

Bill Bradley's health care reform debated.

PAGE 2



ENTERTAINMENT

Review of "Five Women Wearing the Same Dress."

PAGE 3

SPORTS

Monarch football blows away Glendale 38-13.

PAGE 4



# The Los Angeles Valley Star

www.lavc.cc.ca.us

VOLUME 52 , ISSUE 14      SERVING VALLEY COLLEGE FOR 50 YEARS      THURSDAY, OCTOBER 7 1999

## Campus Scene

### TOWN HALL MEETING

- When: Wednesday, Oct. 13
- Where: Fireside Room-Monarch Hall
- Time: 1:00 p.m.

### UNIVERSITY REPS

- CSUN**
  - When: Monday, Oct. 11
  - 10 a.m.-1p.m., 5-7 p.m. and
  - Monday, Oct. 18
  - 10 a.m. - 1 p.m.
- UCLA**
  - When: Tuesday, Oct 19
  - 9 a.m. - 3 p.m.
- UC San Diego**
  - When: Tuesday, Oct 19
  - 10 a.m.-3 p.m.

■ Where: All representatives will be in the Career Transfer Center in Administration Room 126

### BLOOD DRIVE

- When: Tuesday, Oct. 12 and Wednesday, Oct. 13
- Where: Monarch Hall
- Time: 9 a.m. - 3 p.m.

### MATH COMPETENCY TESTING

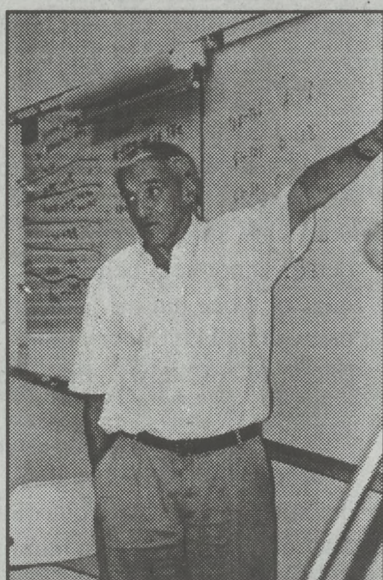
- When: Monday, Oct. 18
- Where: Administration Building room 126
- Time: 6 p.m.

### FREE HIV TESTING

- When: Oct. 13
- Where: Health Center, Womens Gym
- Testing time: 10:00 a.m.-1:00 p.m.
- Results time: 10:00 a.m.-noon

For more information call (818) 781-1200, ext 2918.

## TAP ing into higher education



Karen Goldman/Valley Star  
**Thomas Yacovone, director of the TAP program, and chair of the sociology department.**

■ Students who are in the Transfer Alliance Program are accepted to more four year universities.

By SARA ABRAMS  
STAR REPORTER

TAP was formed in 1985 by UCLA because the number of students transferring from community colleges had decreased and many of those students who had were not performing well academically.

"In a community college your demography is destiny," said Professor Thomas J. Yacovone, director of TAP and chair of Valley's Sociology Department. "We serve the people in our immediate community."

TAP emphasizes honors classes so that the students experience a more rigorous educational agenda.

The courses offered closely parallel the general requirements for most four-year colleges and universities, including the University of California and the California State University System.

For the past four years over 90 percent of those who completed TAP have been accepted by UCLA said Yacovone.

TAP students have performed better academically than non-TAP students and native UCLA students.

"After my long journey, I am finally seeing the end!" said Steven Alcalá, a Valley College alumnus, who expects to graduate Yale Law School in May.

Alcalá's journey began when he entered the Transfer Alliance Program, while a student at Valley.

Alcalá dropped out of high school in the 10th grade and started out in English 28 at Valley.

"TAP absolutely played a crucial role in my development as a person and student," Alcalá said. "My success at Yale Law School can be traced back to what happened during those two years at Valley College."

In Santa Cruz, Michael Jones, who graduated UC Santa Cruz last year with a degree in sociology, was a former TAP student. He graduated with a 4.0 grade point average, Highest Honors in Sociology, College Honors and Honors on his thesis.

For information about TAP you can contact Professor Yacovone at 818/947-2527 or Dr. Michael Gold at 818/947-2630.

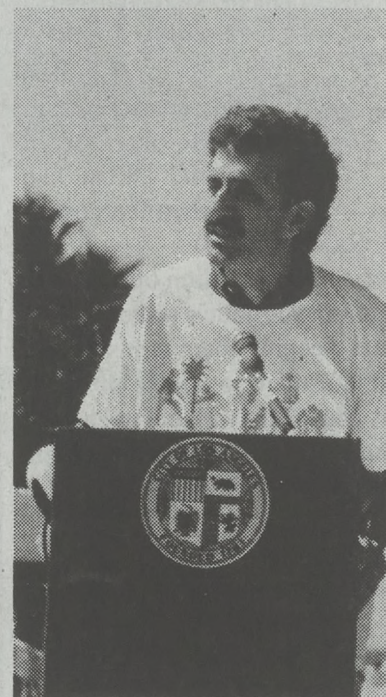
## Volunteer festival makes a difference at Valley

■ More than 100 organizations participate in the fifth annual drive to recruit volunteers.

By JIM CARROZO  
STAR REPORTER

Valley College hosted The Los Angeles Volunteer Festival 1999, "Make A Difference L.A." in Monarch Square on Sunday, the largest since its inception in 1995. Attendance was low but spirits were high with more than 100 community organizations participating, among them AIDS WALK, Big Sisters, Children of the Night, Organization For The Needs Of The Elderly and Valley's Service Learning Program, all recruiting volunteer workers for their causes.

The Volunteer Bureau, Office of Mayor Richard J. Riordan, was formed as a clearinghouse for city volunteer opportunities



Marland Johnson/Valley Star  
**Councilman Micheal Feuer addresses volunteers and this year the key speakers were Fifth District Councilman Michael Feuer and Riordan's representative Tom LaBonge. Feuer spoke briefly about the beauty of Volunteerism and how**



Kathy Koebel/Valley Star  
**Leya Witkowsky, Hillel program director was setting up the food for the Sukkot festival.**

## Sukkot celebrated

■ A time of thanksgiving enjoyed by all

By CATHY KOEBEL  
STAR REPORTER

The Jewish festival of Sukkot was celebrated on Sept. 29 in Monarch Square, which was sponsored by Hillel, the Foundation of the Campus Jewish Community.

The ancient celebration commemorates the Jewish exodus from Egypt and is a reminder of the fragility of life and the need to cherish every day.

"The festival lasts for seven days," said Rick Lupert, Hillel's Judaic program coordinator.

"The Sukkot is a fragile hut built with natural things like wood and branches, with fruits and vegetables arranged for eating." He added, "The controlling elements in the Sukkot are the lulav and etrog. They represent the human body."

Lupert went on to explain that the palm, the lulav, represents the spine, the willow the mouth, the myrtle the eyes and the etrog, which looks like a lemon, symbolizes the heart. They are held together during the prayers and blessings.

He demonstrated that when the blessings are said over the food, the etrog is shaken three times in all directions, east,

south, west and north, representing that God is everywhere and that we are all one.

"Sukkot emphasizes the rich endowment of nature and the bounties of the harvest," said Nomi Gordon, Director of Hillel. "It was this spirit of thanksgiving that inspired the pilgrims on the American continent."

Hillel was created in 1923 for Jewish students to have a community they could be involved in where they could meet their own peers.

Currently, it has over 400 clubs on campuses all over the world.

it enhances the city as a whole.

Karen Wagener the executive director of the Volunteer Bureau said, "We can thank Councilman Feuer for being an incredible supporter of volunteer organizations. He has really worked with us." When asked about the low turnout Wagener said, "If you can get one volunteer it's worth it. When people come here it's because they want to be here." She also noted an increase in the participation of younger children. "More and more kids are getting more involved and that bodes well for the future," she said.

Dale Wong, one of the recruiters at the volunteer check-in booth, agreed. "When people show up it's because they're passionate about helping." Wong is involved with CODEWATCH, aimed at reducing neighborhood blight such as graffiti, sidewalk debris and excessive vegetation. "I recruit and train volunteers on how to identify code violations,"

she said.

Volunteers come from all walks of life and every age group. Richard Lomax holds down a 40 hour a week job as a builder of home theaters. "I've been a police volunteer since 1989 when I returned from Desert Storm," Lomax said.

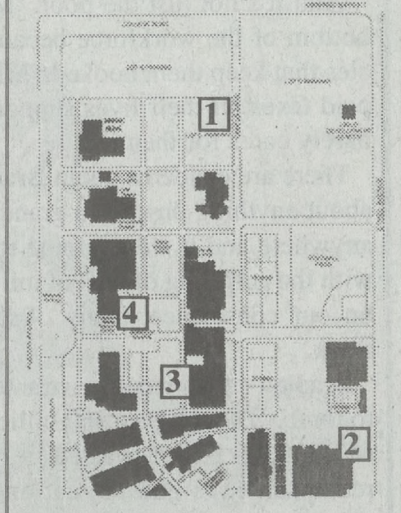
One Valley student, Marcus Linarez, who attended the fair in search of a worthy cause, was inquiring about aid to the elderly. "It's a good opportunity to help and so many elderly people seem to need a helping hand."

A twin festival was held concurrently on Hollywood's Miracle Mile. "It gets bigger and better every year," said Mary Pickering, one of the many contributors to the program.

Wagener summed up the event by quoting Riordan's representative LaBonge who said earlier in the day, "We really are the City of Angels because our volunteers are the true angels of the community."

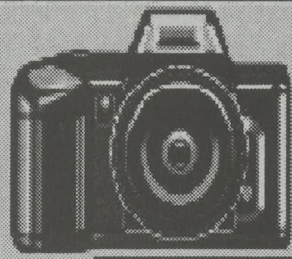
## Crime watch

- 1) Sep 10, vandalism in Lot C, car scratched with keys.
- 2) Sep 15, petty theft of money out of men's locker.
- 3) Sep 22, purse theft in Monarch Hall.
- 4) Sep 23, purse theft in the Library reserve
- 5) Sep 27, Restroom vandalism



**NOTE:** there have been four purse thefts at Valley since classes started.





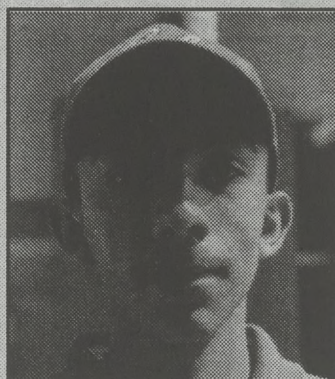
## PHOTO SURVEY

*"What did you think about Bradley's visit to Valley?"*

Karen Goldman/Valley Star



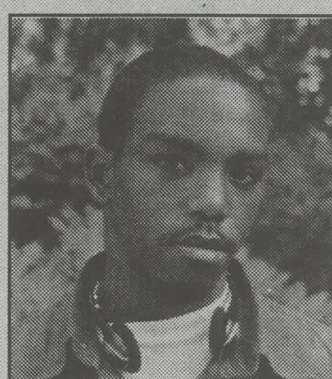
"I don't understand how he is against the Knight Initiative and against gay and lesbian marriages."  
-Karen Powell, Valley Glen



"I think it was very important to the students that he was here."  
-Oscar Cardona, Los Angeles



"He has good ideas and he's worth listening to."  
-Anne Shapiro, Valley Glen



"He really doesn't care about anybody, he's just here for publicity."  
-Christopher Williams, Van Nuys

## Editorial...

# Bradley health plan pro and con

### PRO: JIM CARROZO

45 million uninsured Americans is reason enough to consider Bradley's health care plan.

Bill Bradley doesn't have all the answers and he's the first to admit it. There are problems in his health care plan that would have to be worked out as it develops but we must start somewhere.

You can quote all the experts you want but there are still 45 million people in this country with no health insurance whatsoever and more than one million of them are children.

The fact that we have existing programs from Medicaid, Social Security, Disability and county hospitals down to inner city free clinics only underscores the fact that there are too many plans and none of them work.

They are not preventative, rarely offer early intervention, house many restrictions, and worst of all as Bradley suggests, amount to "healthcare that waits for people to show up when they have no other place to go."

They fail because they're so clogged with long waiting periods and endless technicalities that lots of folks are either so confused that they give up in the middle of the process or wait too long to apply, often paying with their lives.

Many more get trapped in the economics of the poor. If they make more than a certain amount they lose the coverage, which

even at full value is woefully inadequate, or they have it severely cut. Unless they get a super job and can afford private insurance they don't dare get off of welfare.

And it's not just the poor. Millions of people are stuck at the bottom of the workforce because their jobs lock them into policies that keep them hooked. Millions more are folks like me who paid taxes all their lives supporting the very institution that now barely cares for them.

There are concerns about Bradley's proposal, as there would be about anything on such a grand scale. But there's no magic plan anywhere and if we continue to wait for one then we must sleep with the suffering of tens of millions of men, women and children on our conscience, many of them nearer to our lives than we think.

Bradley's plan would guarantee care for all citizens from womb to tomb. The roughly \$60 billion it would cost is only 20 percent of the \$300 billion wasted in recent years on unnecessary care, redundant tests and the cat and mouse game among providers, physicians and hospital.

Think very carefully about this man and his plan because the future health of someone you love may hang in the balance. If we fail them what does that say about us as a nation?

### CON: KARI STROUTH

Bill Bradley is not saying anything different than what his upstanding, moral predecessor said to get elected. Talking health-care reform gets votes.

Bradley's plan requires parents to have health insurance for their baby when they leave the hospital. Bradley's advisors admitted that there was no way to enforce this.

With his plan, for a family of four with income less than \$32,800 who is not currently insured under an employer policy, the government, i.e. the taxpayers, would pick up the cost for the family's healthcare.

For example, if two adults make approximately \$8.00 an hour, for 40 hours a week, they would be covered for fully subsidized healthcare.

Usually, a job that pays that much per hour offers healthcare to its employees. What will prevent employers that provide healthcare to their employees from canceling their policy and letting the government pick up the tab? If XYZ Company pays \$3,000 per month to cover 100 employees, they can discontinue their policy and have \$36,000 additional profit for the company. Why not? There will always be companies that can get around the system. This increases the cost to the government, i.e. taxpayers.

Currently, Bradley's plan is to use non-social security surplus funds to pay for his program. What happens when the govern-

ment is not operating at a surplus? Raise taxes?

Of the 45 million uninsured Americans, 34 million of which are adults, I believe it is a matter of having too much pride or ignorance of the programs available that's keeping them uninsured.

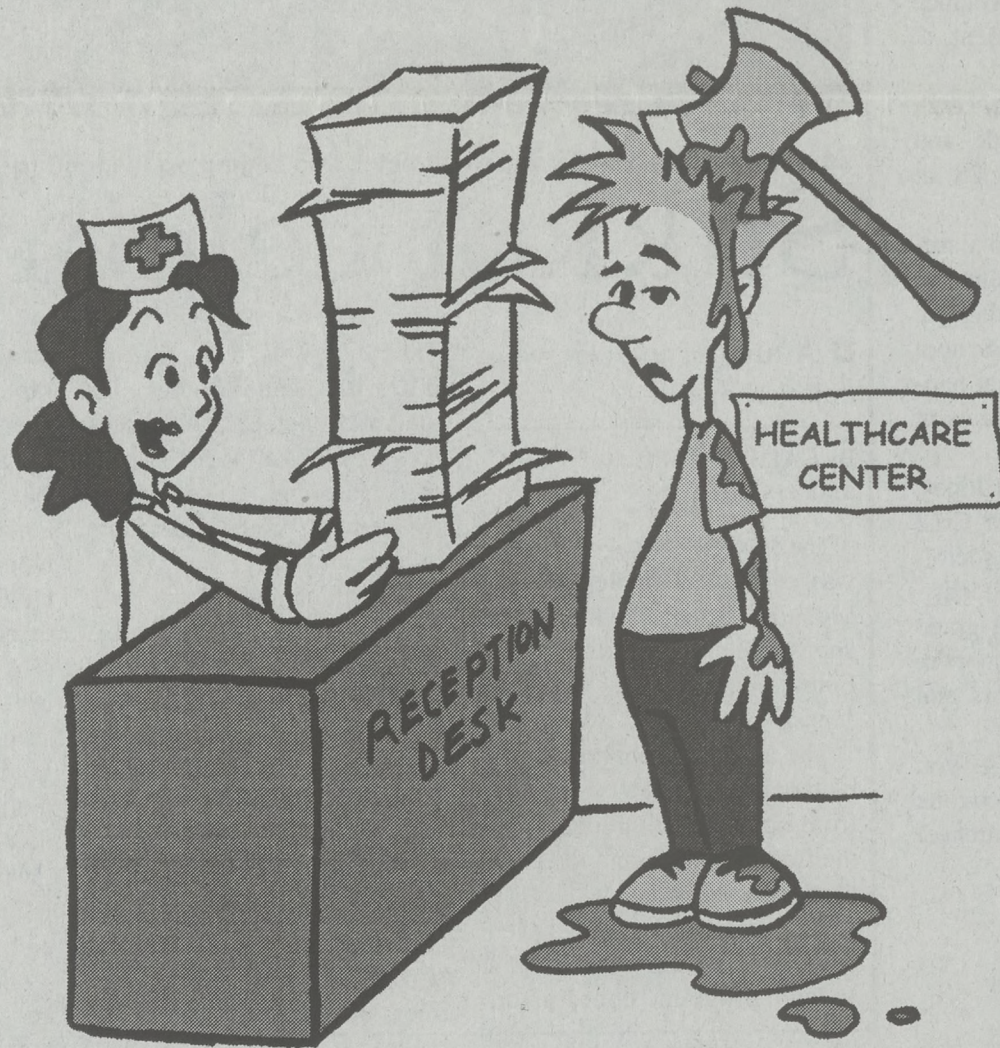
There are many options available out there to people of low to moderate income families. There is MediCal available to children that don't have health insurance and if the parents have moderate income there is Share of Cost MediCal where a premium is paid based on a sliding scale.

There are also clinics for free immunizations and free check ups for children. There is Shriners Hospital, the March of Dimes, and many other agencies that take care of health issues for children.

Hospitals can supply you with a list of funds available and agencies that can help with the cost of healthcare for those who need it.

Another issue is the quality of healthcare available. MediCal is managed as an HMO, but you choose your own doctors, and Kaiser is not part of the program yet Blue Cross is.

What will happen to the healthcare companies that don't participate in the government program? The insurance company will go broke which leads to unemployment for Americans. Bradley is just riding on the coattails of Bill Clinton's platform to get elected.



Nick Marot/Valley Star

"Mmmkay, so I just need you to fill out these forms in triplicate and you'll be able to see the doctor in about six to eight weeks."

## Letters to the editor

### It's up to teachers to set classroom standard

Dear Editor,

It is ironic that the very subject you wrote about was addressed by using the same fault-rudeness. As I read your article it seemed as if you were shaking your cane and starting each sentence with "In my day...."

So lets address these problems with answers instead of just complaining. While it is true that the majority of instructors are good, it is up to them to set the standard. I don't know what classes you have but none of my instructors have any problems telling students what is expected and acceptable.

Moving on to the student related complaints, most are easily remedied with time. For example:

1. Late Shows - Most students cannot help being late once or twice but the habitual practice quickly moves Late Shows to No Shows. Problem solved.

2. The Vocalists - They usually drop within weeks or slow down the teacher with questions regarding matters that a number of students wish they had the motivation to ask themselves.

3. Early Exits - See Late Shows.

Finally, on the subject of Techno-Tots. Much like calculators became part of the classroom (I remember when they were forbidden) so are pagers

and phones a part of life.

I have my own business, a wife and kids, while attending school full time. I can't just disappear and pretend that the world stops during class time.

If you want to have a quiet class with orderly participation I suggest you drop those liberal studies courses and transfer to a business, math and science intensive schedule where solutions (not ranting) are a priority.

Respectfully,

Craig Au, student

### Article on classroom disturbances makes roll call

Dear Editor,

Thank you for your article on classroom adolescence.

Classroom teachers need your kind of help. I'm attaching a copy of your article to my roll sheets and will do so on a regular basis.

Students too immature to appreciate the effort I put forth on their behalf and for their benefit pay for it in the grades they fail to earn.

Those who prevent others from doing well I eliminate with "F's" and strict attendance accounting. Three lates to class equals one absence and three's the limit.

Jack Arnot,  
Professor, History and Humanities

## Write us a letter

The Valley Star would love to receive and, if possible, publish your letters. We reserve the right to condense letters for space considerations. Letters are limited to 250 words and are subject to editing if they are obscene, libelous, or make racial, ethnic, religious, sexist or sexually oriented denigrations. They must be signed and include the student's ID number. Letters may be addressed to the Valley Star c/o Los Angeles Valley College 5800 Fulton Van Nuys CA 91401 or left in the news room in BJ 114 by Friday morning for the next publication. They can also be placed in any of our mailboxes attached to one of our three yellow news stands, or e-mailed to VSTAR@laccd.cc.ca.us.

## Valley Star Staff

**Editor-in-Chief**  
Jim Carrozo

**Managing Editor**  
John Marot

**News Editor**  
Kari Strouth

**Opinion Editor**  
John Marot

**Entertainment Editor**  
Nick Marot

**Copy Editor**  
Anita Torres

**Photographers**  
Karen Goldman  
Marland Johnson  
Cathy Koel

### Writers

Amirah Alidinar  
Victor Corona  
Cathy Koebel  
Elizabeth McCallan  
Martha Primera  
Kim Tuchman  
Ceci Vendrell

**Graphic Artist**  
Julio C. Tobar

**Advertising Manager**  
Julio Cortez

### Advisers

Ed Bond

Bob Crosby

### Cartoonist

Nick Marot

### For Your Information

The Valley Star is published by students of the Journalism and Photography classes. Editorial and Advertising Offices are located at 5800 Fulton Avenue, Van Nuys, CA 91401, (818) 947-2576. The College newspaper is published as a learning experience, offered under the college journalism instructional program. The editorial and advertising materials published herein, including any opinions expressed, are the responsibility of the student newspaper staff. Under appropriate state and federal court decisions these materials are free from prior restraint by virtue of the First Amendment to the United States Constitution. Accordingly, materials published herein, including any opinions expressed, should not be interpreted as the position of the Los Angeles Community College District, the college, or any office or employee thereof.



## ENTERTAINMENT CALENDAR

### Music Department Campus Concert Series

Thursday, October 7  
*Bucovina Klezmer Ensemble*  
Music Recital Hall  
11a.m.

Thursday, October 14  
*Allegro Chamber Players*  
Sharon Cooper, violin  
Alexis Carreon, viola  
Seth Osburn, piano  
Music Recital Hall  
11a.m.

### Art Department Gallery

Wednesday, October 13  
*Opening reception for "Origins"*  
Art building gallery  
6-9 p.m.

### The Valley Symphony Orchestra

Saturday, October 16  
*Two Killer B's:  
Beethoven and Bizet*  
Los Angeles Valley  
College Little Theater  
8 p.m.

### Spooky House X

#### ■ Mega scare sessions

Fridays and Saturdays  
Dark-Midnight  
Sundays  
Dark-10 p.m.  
Price \$10

#### ■ The Spooky House Adventure

(toned down for kids)  
Saturdays and Sundays  
Noon-3:00p.m.  
Price \$5.50

Topanga Cyn. Blvd. at  
Victory Blvd.

For more information  
call  
(818) 888-8570  
or visit  
www.spookyhouse.com

## "Five Women" dress up Little Theater stage

■ Theater Arts production looks at women behaving badly.

By JIM CARROZO  
STAR REPORTER

Smartly directed by Peter Parkin, the Alan Ball play "Five Women Wearing the Same Dress" opened last Thursday at the Valley College Little Theater. It continues tonight, Friday and Saturday at 8:00 p.m.

The play focuses on the shared experience of five bridesmaids at a wedding who find they have more in common than their tacky dresses and preposterous hats. As the wine flows and the joints are passe, we learn their secrets and it's not pretty.

Trisha has seen too much, Georgeanne hasn't seen enough, Meredith just wants to be seen, Mindy sees only other women, and Frances just doesn't see, period.

Together they drink, smoke, banter and bitch mostly about men and morals and in the end, pose like a pink harem for a photograph taken by the symbolic male of the piece, Tripp. By that time it becomes clear that "getting lucky" with any of these women would be NOT going home with them.

The actors put a great deal of work into developing their roles and must have felt frustrated at the lack of opening night response. Although a bit startled by the explicit language, the audience was fine. The problem was projection. Once the cast adjusts their volume control the show should play well because, other than that, it's very good.

Part of the problem is that the



Andrew Lobo as Tripp photographs the ladies of the ensemble in the final scene of Alan Ball's comedy "Five Women Wearing the Same Dress." Marland Johnson/Valley Star

actors played their scenes in that natural style that's popular among film and TV players, but it doesn't read on stage. So many sentences were swallowed that it was difficult to follow the plot. Even when the air-conditioner shut down, some of their voices barely reached the fifth row. It was all too sitcom-casual for a stage of that size even with half of the house curtained off.

Acting styles aside, when their timing clicked into gear the actors were able to rely on good technique until the audience caught up. There is nothing so sobering as a silent audience after a funny line, and that's what

they had on their hands.

Heidi Lynne Carofano as Frances, the manic "virgin on the brink," colored her Pollyanna speeches nicely and made good use of her vocal range. She captured that fanaticism that so many sexually repressed people have, and in dialogue with Leslie Chanson as Trice, got some good laughs.

Chanson brought the proper wryness to her character bouncing off Carofano's inanities with cynical one-liners. Between them they found a rhythm and adjusted their timing, which finally got the humor across to the frozen-faced audience.

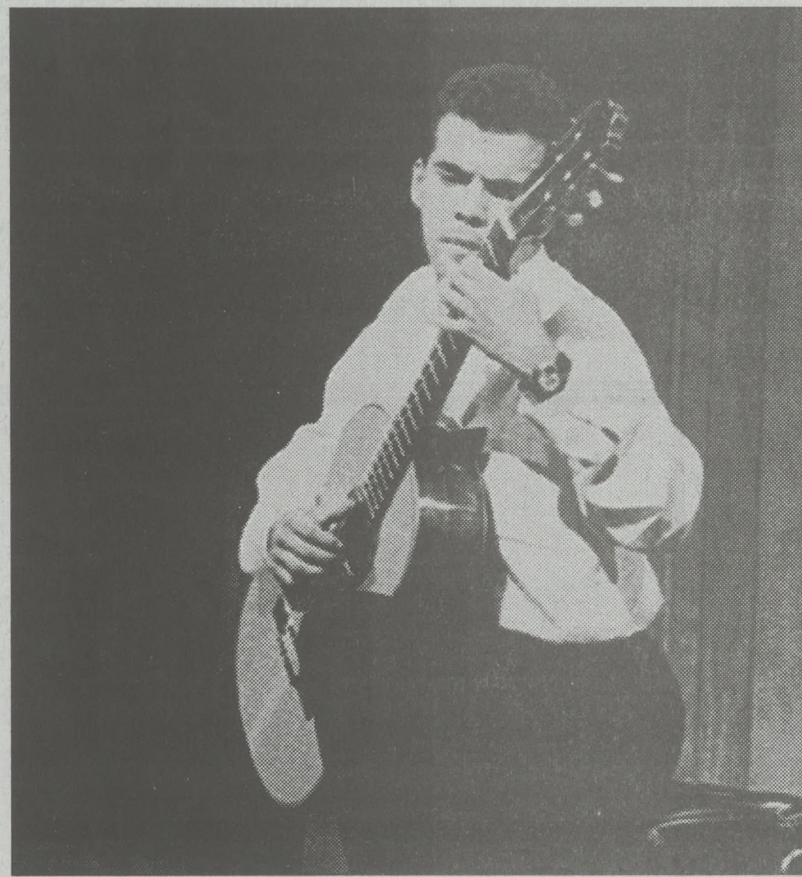
Christine Ibling's sexually frustrated Georgeanne, given to creating scenes in public when she drinks, and Alicia Crespo's Mindy, the over-eating, ax grinding, near-anorexic feminist lesbian, gave realistic interpretations but with too many sentences falling off the sound horizon. Jessica Nesmith, who has such vulnerability on stage, played Meredith, the sister of the groom, in whose bedroom the action of the play takes place. She was very appealing, but she too was acoustically lost in space.

The male character, Tripp, played by Andrew Lobo, enters

late in the second act. Lobo had to establish himself quickly, which he did believably. His biggest challenge was in overcoming his costume. A character as worldly as Tripp would wear a well tailored shirt and tux, smartly shined shoes, open his jacket when sitting and button it when standing.

The fine looking functional set was by Pettifogger who also designed the lighting. Judy Ashton's costumes were early tack without being a caricature. "Dresses" give the Theater Arts Department another well-crafted piece of theater to add to its rich history.

## Perroy gives powerful performance at recital hall



Judicael Perroy demonstrates his prize winning technique. Marland Johnson/Valley Star

### ■ Prize winning guitarist on major USA and Canadian tour

By CECI VENDRELL  
STAR REPORTER

The balmy air and full moon made Friday night the ideal evening for a powerful performance by the classical guitarist, Judicael Perroy, in the Music Recital Hall at Los Angeles Valley College. Born in Paris in 1973, Perroy began studying guitar at the age of 7 and has since won many international guitar competitions, including first place at the Guitar Foundation of America's competition in California in 1997. This concert is part of a GFA tour of major cities throughout the USA and Canada. If Friday night was any indication, his tour should be a definite success.

Perroy led the audience on a

fascinating and fanciful trip into the sound of classical guitar. Dressed simply in a white shirt and black pants, the good-looking Perroy had a pleasant yet commanding performance style. He began with two works by Bach, a concerto that Perroy himself transcribed for the guitar and a suite. The opening allegro of the concerto was light and beautiful, defined by intricate fingering. During the haunting and intimate larghetto he was distracted by a talkative toddler in the audience and had to ask calmly that the child leave the room. The audience applauded in approval after the minor offender had gone.

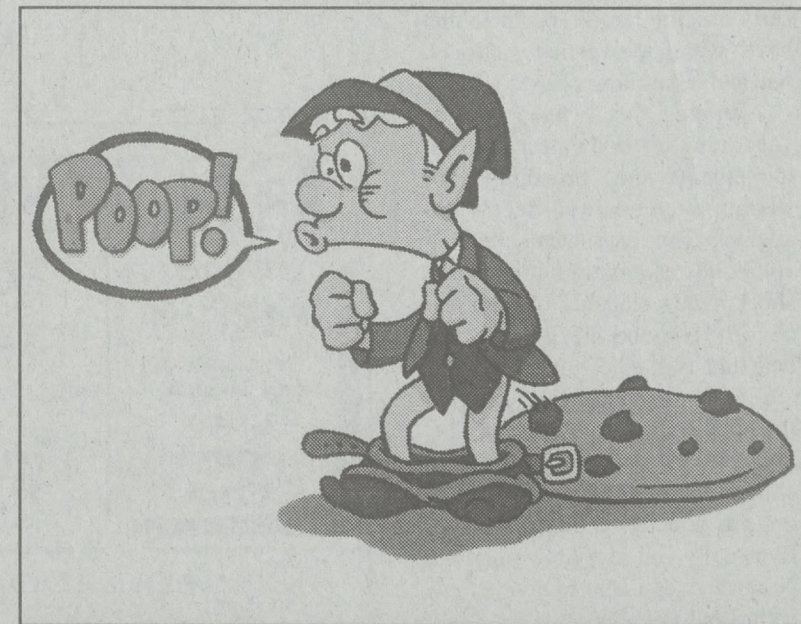
In the second half of the concert Perroy played Cinco Piezas, a five piece work that had been written for his teacher by the Argentinian composer Astor Piazzolla. He recounted that he

had first heard this work a long time ago, and it was obvious that it was a favorite of his. The eerie, dreamlike Usher Waltz by Nikita Koshkin, a bizarre and quirkily attractive piece that was fun and edgy, was punctuated by his technique of snapping the guitar strings.

Perroy received several standing ovations from the audience of approximately 80 people of diverse ages, with his encores enthusiastically welcomed.

There are three more classical guitar concerts scheduled for the fall season, said Robert Mayeur, director of the LAVC Guitar Ensemble and Orchestra. Valley students and friends would do themselves a favor by taking advantage of the international and local talent performing here as a chance to see world-class performers in an intimate and inexpensive setting.

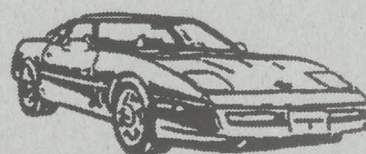
## Comedy Corner



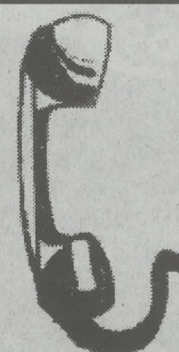
Hidden camera reveals secret ingredient in cookies. Nick Marot/Valley Star

## Auto Insurance

### Student Discounts! Low Rates



For a free quote, call  
(818) 783-0059  
Ask for Ara  
Lic. #0C17345



### RESEARCH INTERVIEWING PART TIME

Conduct Public Opinion Surveys  
Over the Phone  
NO SALES!

#### SET YOUR OWN HOURS

Evening (3:30 p.m. - 9:00 p.m.)  
Weekend (10:00 a.m. - 5:00 p.m.)

Work 3-6 hours a day, 15-40 hours a week

•\$6.50 per hour. Bilingual (Eng./Spn.) \$7.00.

•Must have good communications skills and able to follow detailed instructions.

Please call for additional information  
(818) 725-4275

## TYPING 4 U

Turn Your Written  
Work Into A  
TYPED PRESENTATION

- SCHOOL PAPERS
- RESUMES
- LETTERS
- LEGAL
- OFFICE OVERFLOW
- SCRIPTS

CALL JOANIE  
818.995.8520  
Sherman Oaks





Jason Portee no. 4 sweeps by Vaquero defenders for a touchdown.

Marland Johnson/Valley Star

To your health...

## Yoga, an exercise for life

By Ceci Vendrell  
Star Reporter

Yoga was once an exotic practice with a mystique that seemed suited for hippies and followers of eastern religions. Today yoga is so common that one can take a class in just about any city and it's increasing in popularity with all types of people.

What exactly is yoga? The word means union and implies the union of mind and body. Originally from India, yoga is a 4,000-year-old discipline designed to heal the body, not just exercise it. Yoga is a broad-based term that covers many styles but all yoga has a similar format of putting the body through a series of postures that vary in intensity by stretching and compressing the body and its organs.

The benefits of practicing yoga over time range from increased flexibility and better posture to the reduction of pain in the joints and spine. Avid practitioners also believe that yoga can strengthen the body's internal organs and reverse the effects of such diseases as arthritis, rheumatism and high blood pressure.

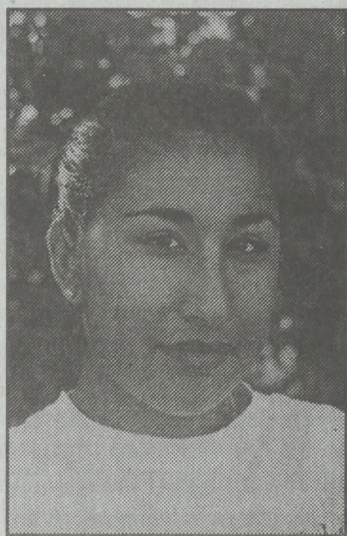
Yogis and other teachers rarely refer to yoga as an exercise, stressing its healing abilities. However, most postures require and develop strength and balance as they are usually held from 20 seconds to one minute. With time there's a calm strength that comes over one as postures are held and the mind is trained to concentrate. This 'mind-body focus results in a meditative state without really trying.

There are many styles of yoga, including Hatha, Ashtanga and Iyengar. Each has its own postures, breathing and meditation. I practice the Bikram system, a series of postures developed by Los Angeles yogi, Bikram Choudhury. Bikram distilled his early training into 26 postures that have students sweating through one and a half hour classes.

Sweating, yes. Not only does yoga turn up body heat through movement and breathing but Bikram's studios are all kept at 100 degrees. This facilitates stretching and builds endurance but is quite a shock to new students. After a few days the body becomes used to the heat and even enjoys it.

Yoga can rejuvenate and energize the body from within while sculpting it on the outside. Try a yoga class at Valley College or elsewhere that fits your budget and schedule. Eventually you may find your yoga practice as essential to your life as eating and sleeping.

## Athletes Of The Month

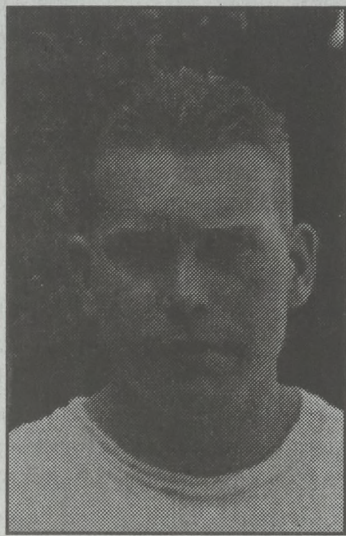


Karen Goldman/Valley Star  
**Maria Herrera**

Sport: Cross Country

High School: North Hollywood

Stats: Herrera is ranked fifth in Western State Conference. Herrera ran a three mile course in 22:10 at College of the Canyons.



Karen Goldman /Valley Star  
**Eric Holtfreter**

Sport: Football

High School: Quartz Hill

Stats: Holtfreter led the Monarchs to a three win and one loss overall record, plus a two win and zero loss Western State Conference record. Completing 73 out of 126 passes for 1,142 yards, and nine touchdowns in a total of four games.

Provided by the Valley College athletic department.

### IMPORTANT NOTICE

### GRADUATION PETITION DEADLINE

The deadline for filing for Spring 2000 graduation is Friday, October 22, 1999 at 4:00 p.m.

Petitions are available in the Graduation office Administration building Room #127

### EARN EASY EXTRA \$\$\$

Up to  
**\$480.00**  
per month for  
only 6 hours of  
**your**  
**spare**  
**time**

Fertility Lab pays  
**\$40.00** per Semen  
Sample to  
qualified donors.  
All ethnic groups needed.

Zygen Laboratory, Tarzana  
For Information Call: 818-705-3600

# Monarchs trample Glendale

■ **Football: Monarch defense halts aerial showdown.**

By VICTOR CORONA  
STAR REPORTER

In what figured to be a match up of top quarterbacks, the Monarch defense took center stage Saturday pounding the Glendale Vaqueros 38-13. The game featured two of the best quarterbacks in the Western State Conference.

Glendale's Mike Frost, and Valley's Eric Holtfreter came into the game number one and number two in passing yards. All signs pointed to this game to be an aerial showdown, but the Monarch defense had other plans forcing Frost to throw three interceptions, sacking six times. Four of those coming from line-backer Terrence Chapman.

"Our defense hit the crap out of their quarterback, and forced him to throw the interceptions," said Holtfreter. Offensively the Monarchs used running backs Vinnie Walker and Hezekiah Morgan to set up Holtfreter's passing attack.

"The coach talked about us being a great team and the whole team responded," said running back Vinnie Walker. The team used this motivational speech from coach Carl Ferrill before the game to come up with an intensity that had not been there the first three games.

The intensity was so high at the

start of the game that it caused the Vaquero offense to turn the ball over two times in their first three possessions. "Those guys just came out, and outplayed us in every aspect," said Vaquero head coach John Cicuto.

On Glendale's first possession the Monarch defense forced the Vaquero's to fumble. Safety Tommy Gales recovered the fumble. We worked hard in practice, and put more into the game," said receiver Julian Battle.

The fumble allowed Holtfreter to hook up on a 22 yard touchdown pass with receiver Julian Battle. Then on the Vaqueros third possession Frost was intercepted by cornerback Ian Baldie. The interception was capitalized on with a 34 yard field goal from kicker Ed Cicoria "they scouted us really well, and their safety came up big," said Vaquero receiver Chad Heydorf.

Mistakes by the Monarchs offensive allowed the Vaqueros to stay in the game. While deep inside their own territory, Monarch quarterback Holtfreter fumbled the ball as he scrambled to find a receiver. The fumble, and good field position, allowed the Vaqueros to score on a one yard run from running back Jamel Applewhite.

"Their rush got to me and I was unable to find my receivers,"

said Frost.

Glendale would score their second touchdown late in the ball game as Mike Frost would find receiver Chad Heydorf on a nine yard touchdown. Frost who was pressured all night, came into the game averaging almost 400 yards passing, finished with 259 yards passing.

With the Vaquero defense unable to stop the run in the first half, Monarch running back Jason Portee began the third quarter where the other runningbacks left off by pounding away at the

Vaquero defense, and scoring on a 13 yard touchdown. The trio of runningbacks carried the ball for a combine 201 yards.

A long pass from Holtfreter to Battle set up the last scoring drive for the Monarchs as Morgan rambled in from one yard. Holtfreter completed 14-23 for 278 yards and a touchdown.

"Our defense played very well, but offensively we made a lot of mistakes tonight,"said Monarch coach Carl Ferrill. Ferrill later added "We could of beaten this team by a lot more points."

The Monarchs are getting ready to travel to Santa Maria Saturday to take on the tenth ranked Allan Hancock Bulldogs. Hancock enters the game with a 3-1, 1-1 record. There only loss coming to fourteenth ranked Ventura College.

**The Monarchs defense has held opponents to 65 rushing yards this season**

## For the record:

On page one, the story on Harry Krupnick was written by Cathy Koebel and the photo credit goes to Jose Mancilla.

On page three the letters to the editor contained misspellings of two names, Dr. Richard A. Moyer and Mary Linville, and the photo survey credit goes to Karen Goldman.

On page four, the photo credit goes to Marland Johnson.

On page six, the photo credit goes to Jose Mancilla

instant recall.

\*69

LITERALLY DIAL \*69 AND AUTOMATICALLY REDIAL THE LAST PERSON WHO CALLED

IT'S ON YOUR PHONE NOW AND JUST 75¢ PER USE. WHO WAS ON THE LINE? \*69

GTE

\*69 is available in most areas and works on most calls within a defined calling area